

KFL&A Alzheimer News



We're Moving!!!!

As of August 8th we will be in our New Home at Providence Village! We look forward to seeing you all in our new office. We will of course be available by phone the 1st week of August but will not be holding any in person groups during our transition. See inside for all the details from Vicki Poffley our Executive Director for all the exciting news and updates!

Our new address will be:

1200 Princess Street -Providence Village
Kingston Ontario K7M 3C9
our phone number will remain 613-544-3078

A HUGE Thank you to the Kingston Duplicate Bridge Club for their amazing donation of \$2329.00 from their Longest Day of Bridge Tournament. Thank you so much for your continued Support!



In Person Groups:

We are pleased to share that live groups are taking place Monday, Tuesday and Wednesday in Kingston at the Alzheimer Society Office at Providence Village and a Caregiver Support Group will be at our Napanee office on Thursdays. Please note our in person groups require registration -please email justinecarlson@alzking.com - Programs Coordinator or call our office at 613-544-3078 for more information about all our groups and how to join. **Please note our groups are currently full but we are taking names for a waiting list.**

The current schedule for the groups (Registration Required to attend) at our Office is:

Monday: 10:00am-Noon - **Mixed Support Group** (for those who are diagnosed)
with a separate **Caregiver Chat** 10:00am -Noon

Tuesdays: 10:00am - Noon **Men's' Support Group** (for those who are diagnosed)

Wednesdays: 10:00am -Noon - **Ladies' Support Group** (for those who are diagnosed)

Drop In Groups for Caregivers:

Thursdays 10:30am -Noon -Napanee Office

4th Thursday of the Month 6-8 pm -Providence Care Village Boardroom

At the Request of Participants, the following Groups will continue to meet on Zoom:

Musical Happy Hour with Max & Friends 2nd & 4th Mondays of each Month **6:30pm - ZOOM**

Caregiver Café every Tuesday from 1:30pm - 2:30pm - **ZOOM**

Caregiver Evening Café 2nd Tuesday of the Month - 7:00pm - **ZOOM**

Men's Caregiver Group 3rd Thursday of the Month - 10am - **ZOOM**

Gentle Exercises - Wednesdays at 1:30pm **Zoom**

Note* Zoom Links for handy reference or find them in your calendar!

The groups listed here have opted to stay online for ease of the clients.



UPDATE

Hello Families,

The move date has arrived, and we are excited to welcome you to our new space. For the first week of August our programs will not be operating while we make the transition. Programs will resume Tuesday August 8th. Note further in this communication the time and location change.

Monday July 31st will be our last day at Crossroads United Church, we were fortunate to have them open their doors to us post pandemic to operate our groups. We would like to say a special thank you to Kevin the administrator for welcoming us into space and ensuring we had everything we needed. We enjoyed our time with you.

Effective August 8th, the times for our current peer groups will change as follows:

Monday Mixed Peer Group	10:00 am to 12:00 pm
Monday Caregiver Support Group	10:00 am to 12:00 pm
Tuesday Men's Peer Group	10:00 am to 12:00 pm
Wednesday Ladies Peer Group	10:00 am to 12:00pm

Our new office is located at 1200 Princess Street, Providence Village. Enter from Princess Street and veer right to the main entrance. There is a small parking lot at the main entrance, you are welcome to park there. IF no space is available there is an overflow car park to the left of the main building. There is construction taking place on site and parking may change, however we will provide those updates as they become available in our monthly newsletter. If you require further information do not hesitate to call the office, our phone and fax numbers remain the same as our email addresses.

We look forward to welcoming you to our new space.

Kind regards

Vicki Poffley

Vicki Poffley, Executive Director



Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Evening
CAREGIVER

Support Group
4th Thursday of each
Month
6 to 8 pm

No registration required
For more information call 613-544-3078
extension 206 Krystian

4th Thursday of the Month -Drop in Caregiver Group Evening 6-8pm

No registration required, please be advised that the Thursday evening caregiver support group will be held in the boardroom of Providence Village 1200 Princess Street (Motherhouse) from 6-8 pm. Please enter through the main entrance. We will provide signage from the main door to the boardroom.

Masking is required.

Should parking at the front of the Mother House not be available please use the small staff parking lot to the left of the building, when entering off of Princess Street continue following left around the side of the Motherhouse, you will see a staff parking lot between two sections of the building on the right hand side, you will then have to walk back around the front of the build and enter through the main door which is the level entrance just past the small parking lot at the front of the building.

Please call Krystian at 613-544-3078 Ext 206 for more information.





Gentle Exercise via Zoom

No signup required - Wednesdays at 1:30pm

The Alzheimer's Society of KFL&A is pleased to announce our gentle exercise program will be continuing this August. Strengthening and mobility are important components of a healthy body and lifestyle and can reduce your risk of pain and injury.

We are excited to provide this program as strength and mobility training are important factors in our physical, mental health and overall well-being. As summer approaches, let's work together so we can get outside and perform our favourite activities without pain!

Why Is Physical Activity Important?

The importance of physical activity cannot be understated. Physical activity can help you feel better, reduce stress, and maintain health. It helps to prevent muscle weakness and health complications associated with inactivity.

Physical activity also promotes a normal day-and-night routine and may help to improve mood. The type of activity that works best for you will depend on your fitness level, present activity level, and overall health.

Exercise comes in many different forms. The gentle exercise program will encompass many different aspects of exercise, specifically targeting areas of mobility, muscle strengthening, and improving balance.

Gentle Exercise Program Details

The program will run for four weeks. One exercise class will be held each week online on Zoom, every Wednesday at 1:30 pm. The class will last for one hour. Caregivers are encouraged to join in with their loved ones. The first class will start on August 9, 2023, at 1:30 pm.

There will be a question-and-answer portion at the end of each session, where you will have the ability to ask questions and be provided with feedback on health and related matters.

The gentle exercise program will be suited for all individuals, whether you have prior experience with exercise or not. Modifications and progressions will be added to help tailor the program to your physical fitness needs.

If you are interested in registering for the gentle exercise program or have any questions; please contact Colton Sedore - 613-544-3078 ext. 209 - recreation@alzking.com.



Summertime Fun -Indoors and Outdoors!

Below are some outdoor and indoor activity ideas to enjoy with your loved one during the dog days of summer.

Outdoor Summer Activities:

Incorporating time outdoors into your loved one's daily routine is so important. Vitamin D and fresh air can encourage physical activity and improve overall mood and quality of life. Let's review a few outdoor summer activities to enjoy with your loved one:

Enjoy A Meal Outdoors

Maintaining your loved one's regular routine is important, but making small changes such as enjoying a meal outdoors increases your loved one's access to fresh air and Vitamin D.

Relax & Listen to Music on The Patio

Time and again music has been shown to be beneficial for people living with Alzheimer's. Whether it's being used to set a mood or to encourage reminiscing, music has the power to evoke emotions and spark conversation.

Play A Game Outside

Cognitive stimulation is key for people living with Alzheimer's disease. Taking one of your loved one's favorite activities outdoors is a great way to maintain cognitive stimulation while taking advantage of the nice weather.

Check Out Your Local Farmer's Market

Going to a farmer's market or picking out your own produce allows your loved one to be involved in meal preparation, increasing feelings of purposefulness.

It can be common for people to struggle with finding meaningful activities, but something like this is purposeful, has physical activity, and is a great way to make new memories!

When outside, don't forget to keep your loved one hydrated with sun lotion! Your loved one may not remember these things on their own so it will be up to you to monitor hydration and sun exposure.

Whether at home or out in the community, keep in mind that people living with Alzheimer's may have an increased risk of wandering in the nicer weather. Staying active together can reduce this risk.

Indoor Summer Activities:

It's important to keep in mind that older adults may be more prone to dehydration, and people living with Alzheimer's may not notice they are overheating.

Have some activities on hand to do inside if the heat gets too much.

Maintaining a routine is key, and incorporating purposeful household activities into the daily schedule keeps your loved one active and engaged, at many stages of the disease.

Some activities might be assisting with meal preparation (as safe to do so), folding laundry, or organization. Here are a few more to consider:

Introduce Your Loved One to Aromatherapy

Aromatherapy activates the olfactory senses which can be a powerful tool for reminiscing and even for managing moods. Invoking a variety of sensory activities focuses on different parts of the brain for the person with dementia.

Create Your Own Sing-Along!

Putting on some favorite music and singing together is an excellent way to connect and create memories with your loved one. Music is a way to encourage self-expression as well!

Go To a Museum

Museums encourage physical activity through walking, as well as cognitive stimulation. This is also a great way to spend family time together with all the generations.

Several museums here in Kingston have programs specifically designed for people living with Alzheimer's disease. If your loved one struggles with leaving the home, check out a virtual museum tour online.

Look Through Old Photo Albums

Depending on your loved one's abilities, perusing family photos or creating a scrapbook can be a meaningful project for your loved one. Going through photo albums of friends and family members may inspire your loved one to remember fun events and reminisce about the past.

Photos act as visual cues and reminders to people living with Alzheimer's.

Finding meaningful activities is always important and the summer can open opportunities for this. Having a sense of accomplishment is a key component of quality of life.

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Become a Volunteer

Let's make a difference!

- Event support, Coffee Break campaign, Walk for Alzheimers, fundraising, sponsorship
- facilitating a support group
- Program support, art & music therapy, Minds in Motion, drop in activities
- Education/Public Speaking



Sign Up Today!

Use online form

<https://forms.office.com/r/AvEJHqaHU8>

Contact us at

613-544-3078

or email

fundraising@alzking.com

Sponsored by:



medium roast coffee blend

"FORGET ME NOT"

- Purchase yours today, or buy some as a unique gift for family members, friends, or neighbors!
- Coffee is available by the pound and can be ordered freshly ground or as whole beans.
- Cost is \$16.00 per pound and \$5.00 of the proceeds from the sale of the coffee will go to the Alzheimer Society of KFLA.

To place your order use link
<https://forms.office.com/r/yd6zpQkisT>



Soci t 
Alzheimer
Society

KINGSTON, FRONTENAC, LENOX & ADDINGTON

Attention sponsors!
Would you like to contribute to our event through
sponsorship or by donating a prize?

14TH ANNUAL
**ALZHEIMER'S MEMORIAL
GOLF TOURNAMENT**

WEDNESDAY, SEPTEMBER 6TH
LOYALIST GOLF & COUNTRY CLUB,
BATH, ON

Support our efforts to raise funds for programs and services
that support people living with Alzheimer's and other forms
of dementia in KFL&A, a disease that has claimed the lives of
so many of our friends.

In memory of Roy Partridge, Danny White, John Murray, Bill
Huntley, Guy White, Joe McCormick, Bill Ball, Don
Hutchinson, Constance Nobes, and others who will always
be in our hearts.

CONTACT RON EARL
613-389-6058
REARL6@BELL.NET



Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Interested in volunteering: email fundraising@alzking.com

UPCOMING EVENTS

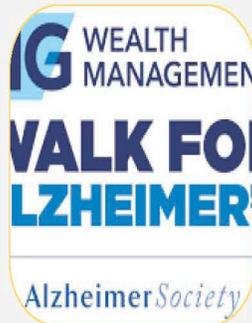
SEPT
6



MEMORIAL GOLF TOURNAMENT

14th Annual Memorial Golf Tournament hosted by Ron Earl @ Loyalist Golf & Country Club

SEPT
8



NORTHBROOK WALK FOR ALZHEIMERS

Pine Meadow Nursing Home will be hosting Walk for Alzheimers, 10:00am-1:00pm, Entertainment, BBQ, Coffee, bake sale

SEPT
21



MACDONALDS COFFEE DAY

World Alzheimer's Day McDonald's generously donates .50¢ OF EVERY COFFEE SOLD

SEPT
22



ANYTHING FOR ALZHEIMERS

Kingsbridge Retirement Community - Bake Sale & Coffee Break

- Volunteer
- Sponsor
- Donate

For more info
fundraising@alzking.com
613-544-3078 ext 204



Create your own event to raise funds for the Alzheimer Society of Kingston, Frontenac, Lennox & Addington.



Get your fundraiser started:



fundraising@alzking.com



613-544-3078 ext 204

Of interest to our Clients and their Families:

Since 1974, CLEO (Community Legal Education Ontario / Éducation juridique communautaire Ontario) has developed clear, accurate, and practical legal rights education and information to help people understand and exercise their legal rights. Our work focuses on providing information to people who face barriers to accessing the justice system, including income, disability, literacy, and language. As a community legal clinic and part of Ontario's legal aid system, we work in partnership with other legal clinics and community organizations across the province. They offer free of charge documents about subject such as Power of Attorney for Care and Property, Elder Abuse, Telephone and Internet Scams, Care Home Bill of rights and more.

Their website can be found at: www.cleo.on.ca.

Did you Know.....

The KFL&A Alzheimer Society has not only a lending library of books on a wide variety of topics, puzzles, games and other activities for client engagement but also electronics for loan. We offer Therapy Pets, Musical Bears, large button phones, bed and chair alarms and ipods loaded with music and more, all free of charge! If you are interested in any of these items please contact us !



Land Acknowledgement

The Alzheimer Society Kingston, Frontenac, Lennox and Addington acknowledges that our work takes place on the traditional territories of the Algonquin, Anishinaabe, Haudenosaunee and Huron-Wendat and is home to Shabot Obaadjiwan First Nation, one of ten communities that make up the Algonquins of Ontario. We acknowledge the Mohawks of the Bay of Quinte and recognize that our region is home to First Nations, Métis, and Inuit from across Turtle Island, as well as Indigenous Peoples from other areas of the world.

Staff Directory Main Number 613-544-3078 (unless otherwise indicated below)

Vicki Poffley, Executive Director Ext. 207 vpoffley@alzking.com

Kim Parkinson, Administrative Assistant Ext. 201 reception@alzking.com

Sarah Winkelman, Client Service Manager -1st Link Navigator Ext. 210 Firstlink1ASKFLA@alzking.com

Krystian Martin, 1st Link Care Navigator Ext. 206 Firstlink2ASKFLA@alzking.com

Michelle Moore, Fundraising Coordinator Ext. 204 fundraising@alzking.com

Colton Sedore, Recreation Coordinator Ext. 209 recreation@alzking.com

Justine Carlson, Program Coordinator Ext. 202 jcarlson@alzking.com

Jan White, Napanee Client Services Coordinator 613-329-7078 jwhite@alzking.com

Pam Lemke, Northbrook Client Services Coordinator 613-327-6700 plemke@alzking.com

Did you know... the KFL&A Alzheimer Society has 3 locations to help our clients and caregivers find support and programs?

Kingston: (Main Office)

1200 Princess Street -Providence Care Village

Kingston, Ontario K7M 3C9

Phone # 613-544-3078 Fax: 613-544-6320

Email: reception@alzking.com

Napanee:

Napanee Area Community Health Centre (2nd Floor)

26 Dundas Street West

Napanee Ontario K7R 1H5

Phone # 613-329-7078 Fax: 613-544-6320

Email: jwhite@alzking.com

Northbrook:

The Emmanuel United Church

108 Addington Road, Northbrook Ontario K0H 2G0

Phone # 613-827-6700 Fax: 613-544-6320

Email: plemke@alzking.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	August 2023	1 Caregiver Café - 1:30pm ZOOM NO In Person Activities - we're Moving!!!	2 NO In Person Activities - we're Moving!!!	3 In Person Support Group Napanee Office 10:30am - Noon NO In Person Activities - we're Moving!!!	4 NO In Person Activities - we're Moving!!!!	5
6 All in Person groups will now be held at our Office Location 1200 Princess Street- Providence Village Please note the new times!	7 Civic Holiday Office Closed 	8 Men's Peer Group 10:00am-Noon Caregiver Café - 1:30pm ZOOM Caregiver Evening Chat 7:00pm - ZOOM	9 Ladies' Peer Group 10:00am -Noon Gentle Exercises 1:30pm ZOOM	10 In Person Support Group Napanee Office 10:30am - Noon	11	12
13	14 Mixed Peer Group 10:00am - Noon Caregiver Chat 10:00-Noon Musical Happy Hour with Max and Company 6:30pm - ZOOM	15 Men's Peer Group 10:00am -Noon Caregiver Café - 1:30pm ZOOM	16 Ladies' Peer Group 10:00am -Noon Gentle Exercises 1:30pm ZOOM	17 In Person Support Group Napanee Office 10:30am - Noon Men's Caregiver Group 10:00am ZOOM	18	19
20	21 Mixed Peer Group 10:00am - Noon Caregiver Chat 11:00-Noon	22 Men's Peer Group 10:00am -Noon Caregiver Café - 1:30pm ZOOM	23 Ladies' Peer Group 10:00am -Noon Gentle Exercises 1:30pm ZOOM	24 In Person Support Group Napanee Office 10:30am - Noon NEW-In Person Caregiver Group Providence Village 6-8pm	25	26
27	28 Mixed Peer Group 10:00am - 1:00pm Caregiver Chat 11:00-Noon Musical Happy Hour with Max and Company 6:30pm - ZOOM	29 Men's Peer Group 10:00am -Noon Caregiver Café - 1:30pm ZOOM	30 Ladies' Peer Group 10:00am -Noon Gentle Exercises 1:30pm ZOOM	31 In Person Support Group Napanee Office 10:30am - Noon	Kingston: Events Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napanee Groups Orange: All Welcome Caregivers and Persons Living with a Diagnosis	